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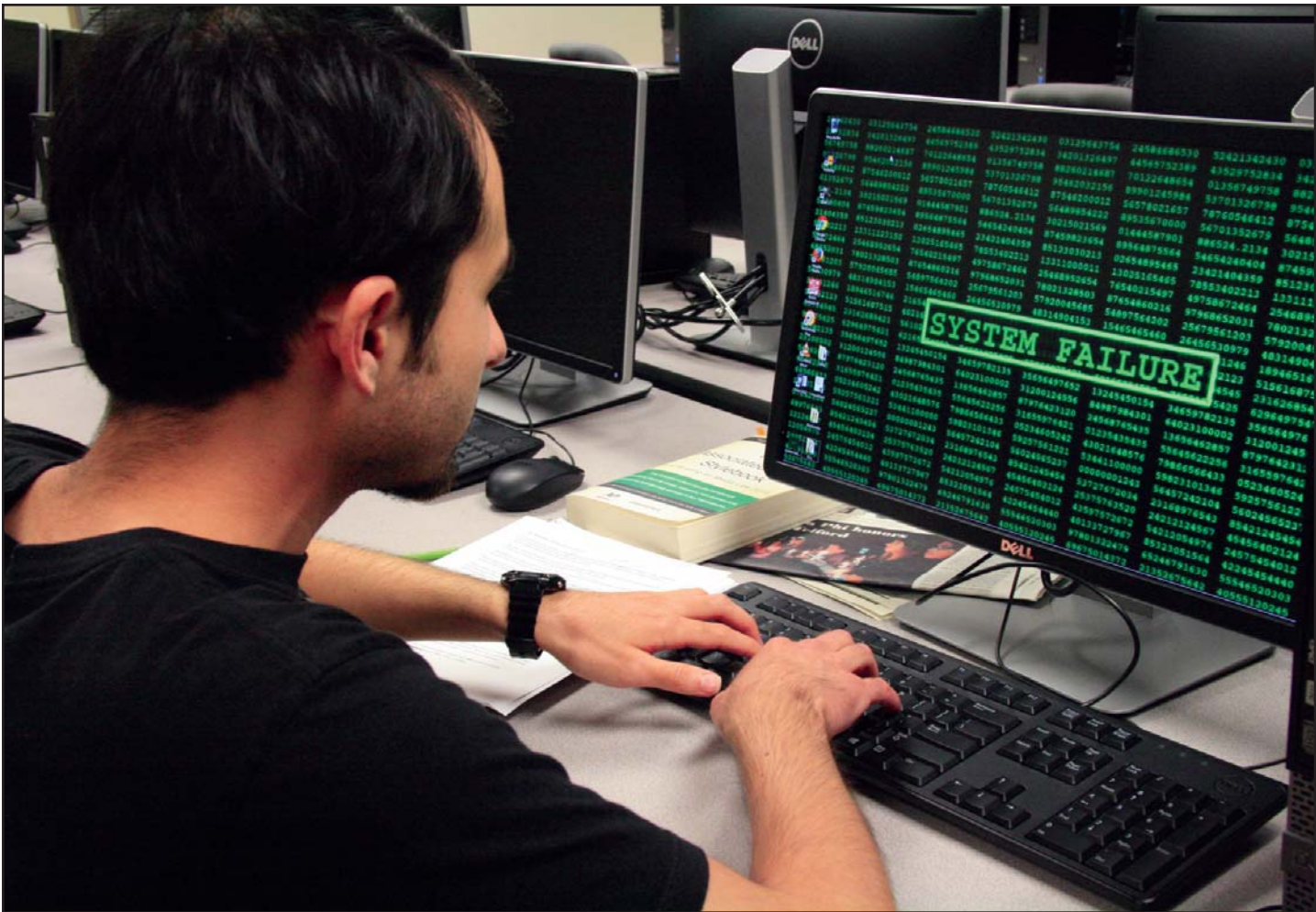
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# Coyote Chronicle

## Heartbleed bug puts you at risk



The heartbleed bug , a result of a security gap that made it into the final form of the internet, has left websites vulnerable leading to possible theft of important personal information.

Websites left vulnerable against defect, personal information not secure

By MINTIMER AVILA  
Online editor

An estimated two-thirds of the Internet may be at risk, as people’s passwords, e-mail and credit card information could potentially be out in the open due to a bug found in OpenSSL, a software used to encrypt and transmit data, according to CNN.

The bug, named Heartbleed, was the result of a bad line of code that was overlooked, and made its way into the final version of OpenSSL and into the majority of the internet.

Website owners can install OpenSSL as a free method of encrypting data from the user to the website, but due to its wide adaptation, the bug is now spread across millions of sites.

Heartbleed was discovered on April 7 by Neel Mehta, a Google engineer, and the Finnish security firm Codenomicon.

When a person attempts to log into a secure website, or make a payment online,

*Continued on Pg. 4*

## Bill seeks to free whales from Sea World

By STEPHANIE PARA  
Staff Writer

The film “Blackfish” has inspired a bill that could have students rethink their trips to Sea World this summer.

Assemblyman Richard Bloom first introduced the “Orca” bill, AB-2140, in March. The bill if passed would end any performance and entertainment use of Orca Whales.

Orcas now in captivity would then either undergo rehabilitation, or if an Orca cannot be rehabilitated, or be removed from current enclosures to a larger “sea pen.”

The pen would then be anchored to the sea floor and attached to the shoreline, according to the bill’s summary on the California legislature website.

Failure to meet these terms will result in a maximum fine of \$100,000 and up to 6 months or less in jail.

Sea World issued a statement in response to this bill.

“The premise behind this proposed legislation is severely flawed

on multiple levels, and its validity is highly questionable under the United States and California Constitutions,” according to NBC San Diego.

Sea World has launched a webpage in rebuttal to the controversial “Blackfish” film, which presented the story of Tilikum, a performing killer whale that was involved in multiple incidents where human trainers died.

Statements and video clips that refute the “Blackfish” documentary are also found on this site.

CSUSB Geology Professor Britt Leatham believes that this bill is discriminatory and unfair.

“If they are going to separate the whales, what about other dangerous animals, like the Porpoise. Other issues need to be included [in the bill] as well,” said Leatham.

Environmental Science Major, Rusty Nzekwu, believes places like Sea World are beneficial for people to observe animals that they, otherwise, wouldn’t be able to.

“I think most people go to see the whales [at Sea World]. It’s one

of their trademarks. It only makes sense that it will affect their profits,” said Nzekwu.

According to CSUSB Biology assistant professor, Dr. Angela Horner, many of these whales probably will not be able to be rehabilitated.

She compared the situation to placing a child that has been raised in the United States in Sub-Saharan Africa, a completely different environment and social setting, and expecting them to know how to survive.

“[Placement in] sea pens may be the only option,” said Horner, if the bill is passed next year.

Horner believes that if the bill is passed, Sea World, as a large organization will have to adapt to the change.

“I hope they [Sea World] don’t fight it. It is [a] different time and we have learned a lot more about these whales, their life span, social behavior and physiology. Now is the time to move forward, they can still make a profit, in a less ethically impacting way,” said Horner.



If the Bill AB-2140 passes, Sea World parks will be forced to release their killer whales.

Go hairy or go home! Art exhibit questions beauty

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Intimate guitar recital played by CSUSB professor

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# High school graduates get a spot at CSUSB

By **MARLYN RODRIGUEZ**  
Opinions Editor

CSUSB signed a contract giving automatic acceptance to high school students who maintain regular attendance satisfactory grades and meeting the A-G requirements.

These changes will be implemented with the graduating class of 2015. The San Bernardino Sun reports that the San Bernardino Unified School District signed a memorandum with President Dr. Tomas Morales granting local students acceptance on Friday April 11, 2014.

Superintendent of San Bernardino Unified Dale Marsden states, “Collaboration is a core value for us, as we enter into this historic agreement.”

Similar deals have already been signed by CSUSB with Chaffey, Colton and Rialto Unified School Districts. These deals are seen as a benefit for the university as it will, in turn, raise the qualification requirements, which will then make it harder to be admitted.

Camille Cicotello, a student accounts representative, noted the new system would give local students greater priority.

“It’s a good thing because we should cater to local students,” said Cicotello.

Currently, the university admissions rate has declined by three percent, which is one of the reasons San Bernardino Unified made the deal with CSUSB.

“As long as we do not exclude students that are not local but exceed the requirements, there should be no problem with this new deal,” said Cicotello.

There has been a 29 percent increase

in applications over the past five years, according to *The San Bernardino Sun*.

A school is impacted when the number of applications received from fully qualified applicants during the initial filing period exceeds the number of available spaces.

“Just because students are accepted, it doesn’t mean they are going to enroll and choose this as their school,” said Maria Ocegueda, a CSUSB student and accounts representative.

There are universities in the Cal State system that are impacted in all majors, such as Fullerton, Long Beach, San Diego, San Jose, and San Luis Obispo however the only CSUSB majors impacted are Criminal Justice and Nursing.

“The school has already implemented a limit of the amount of students they can accept, so it won’t affect the impactation. However, it will affect the demographics of the university,” added Ocegueda.

Statistics on collegeboard.com state that less than half of the students who apply to CSUSB are accepted.

Less than half of the students that are accepted end up enrolling. Local students are considered for admission with at least 2.0 GPA versus a 2.75 for a student who resides out of the area.

“The benefits outweigh the potential downsides. They are making an attempt to localize the university and give local students a higher opportunity to stay within the region they are comfortable with,” said Janae Koger, a student assistant in the Admissions office.

These qualification requirements are likely to go up with the new implementations that are taking place.

## Coyote Chronicle

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CCBriefs:

By **ANDRES IBARRA**  
Staff Writer

**Bullied youth taken to court (April 11)**

A sophomore with learning disabilities from PA., who has been bullied for a year at his new school, was charged with felony wiretapping and found guilty in court of disorderly conduct.

The boy, currently unnamed, used a school-issued tablet to get audio-recorded proof of the bullying. After showing his mother the recording, she reported the bullying to the principal, but the principal had the youth arrested for wiretapping.

**Amazon pays quitters (April 11)**

Every year, Amazon offers \$5,000 to employees who work in the distribution warehouses if they ever feel like they want to quit.

CEO Jeff Bezos says that the offer encourages unmotivated workers to leave on their own while at the same time builds dedication and morale for those refuse the offer.

**Killer Prawn invade Britain (April 16)**

Killer prawn, capable of harming many animals and even humans have been appearing in Britain at an alarming rate, as reported by Parliament.

This was made official after pro-Russian militants took over several government buildings.

The shrimp get their name from the fact that they kill even when they’re not hungry, and have been known to be damaging to plant, animal, and human health alike.

**The new NRA by Michael Bloomberg (April 16)**

Former New York mayor Michael Bloomberg announced plans to create a new gun-control organization that could rival the National Rifle Association.

Bloomberg said the main goal of the new group is to use the NRA’s tactics against them. “We’ve got to make them afraid of us,” said Bloomberg.

**Facebook “Likes” (April 17)**

Several companies have been including in the fine print that doing things such as “liking” them on Facebook will void your right to sue them.

General Mills recently changed its legal terms to exclude the right of court trial or class action lawsuit through “abiding arbitration.”

**Ukraine Jews face problem (April 17)**

Jewish residents in Eastern Ukraine are now being required to register with the other citizens according to Ukrainian and Israeli media.

Several Jews leaving a synagogue reported several masked men handing out leaflets that ordered the listing of the property they owned, and required them to pay a registration fee or they would have their citizenship revoked.

**Saturn’s new moon (April 17)**

The Cassini Spacecraft witnessed the birth of a new moon from one of Saturn’s rings, which has been known to give birth to 62 moons during its lifespan.

Scientists have named the new moon “Peggy”, which is only a half a mile in diameter, which is very tiny compared to Saturn’s other moons. According to scientists, they don’t expect the new moon to grow any bigger.

Students question success fee

By **EMMANUEL GUTIERREZ**  
Staff Writer

Are you aware of the fees you pay? CSUSB has adopted “Success Fees” in 2011 to improve programs and services and increase timely graduation rates.

The fees are meant to improve advising and tutoring programs, career services, improved wireless access technologies, on-line-course delivery and improved “smart classrooms,” according to Huffington Post.

“There is a greater push to provide on-line instruction, greater attention to wireless technology(eduroam),” said Dr. Mayo Toruño, professor and chair of the economics department.

“I have no way of knowing, however, whether these changes are directly related to the implementation of the ‘Success Fees,’” continued Toruño.

Proponents of the “Success Fees” argue that they have not been able to recover from the previous budget cuts, making these fees a necessity, according to an article in the *Los Angeles Times*.

Despite increased budgets, four more Cal States are considering implementing “Success Fees” this year.

However, a report from the California Budget Project found that state support would remain nearly one-quarter below the levels recorded prior to the recession.

Dr. Brian Haynes, Vice President of Student Affairs, failed to respond after numerous e-mails and phone calls.

Opponents argue that the programs and services funded should be covered by existing tuition fees and state funding.

“Maybe I’m just a cynic, but I interpret these fees as loopholes to get around the tuition ceiling,” said CSUSB student and economics major Hailey Allison.

Governor Jerry Brown’s moratorium on tuition increases mandates public universities to hold tuition flat at the 2011-12 rates through 2016-17, according to the *Los Angeles Times*.

Brown’s budget emphasizes timely graduations, four years, as one of the state’s top priorities for public education, as stated in *Los Angeles Times*.



Stephanie Para / Chronicle Photo

If the bill passes Sea World will be forced to release their Killer Whales, ending a popular staple of the amusement park.

Alumnus killed in Humboldt crash

By **EMMANUEL GUTIERREZ**  
Staff Writer

CSUSB alumni Arthur Arzola died in a bus accident when a FedEx tractor veered into a charter bus on their way to a tour of Humboldt State University, according to Rancho Cucamonga authorities.

Arzola or Art, as he was known, was a 2010 Sociology graduate and expected to be Director of the Inland Empire Future Leaders.

“If you never met Art, then you will never really understand what an amazing person he was. The joy with which he lived life was contagious and you couldn’t help but smile being around him,” said Rudy Casas, a fraternity brother.

Rudy Alvarenga, another fraternity brother, recalls advice Arzola had given him, “[Be] who you are, don’t let anything or anyone influence your decision. Always be you.”

Arzola was attending the University of La Verne, working toward a master’s degree in counseling, according to fraternity brother Marquis Murphy.

Arzola “lived his dream” when employed as a counselor at Humboldt State University. The Arzola family said, “He was remembered most for his passionate commitment to helping low income and first-generation students,” according to Murphy.



Photo courtesy of Marquis Murphy

Arthur Arzola, former student at CSUSB died in bus crash.

The members of Lambda Theta Phi Latin Fraternity, Inc. have collected donations on behalf of Arzola’s family, from April 14-18, to pay for the memorial service.

Additional donations can be made through a GoFundMe account created in dedication for Arzola, [gofundme.com/8a5snc](http://gofundme.com/8a5snc).

Donations may remain anonymous. Contributions have been accompanied by inscribed personal messages to Arthur Arzola and his mourning friends and family.

A candlelight vigil was held in his honor at the Lower Commons on April 17 at 8:30 p.m.

Student discounts help cut costs

By **CHELSEA GALVEZ**  
Staff Writer

While student debt is on the rise, many students have realized that they can sometimes avoid paying full price.

Many students have found that they are able to take advantage of certain offers and have discovered ways to save money through the use of student discounts.

“It’s a great perk for just being a student and can sometimes give you up to 50 percent off,” said student Cindy Sandoval.

Often times, student discount pricing isn’t listed on a general price sheet, but will be listed online.

Therefore, it is always a good idea to ask an employee or check a location website beforehand.

A CSUSB student ID card is a ticket to a world of student discounts.

CSUSB students are able to access perks and discounts at the Associated Students Incorporated box office, located in Santos Manuel Student Union 108.

A list of these offers and pricing is readily available on the ASI website.

Off campus, students also are eligible to receive discounts at various locations.

Some of the most common discounted locations are at museums such as the Museum of Tolerance, Los Angeles County Museum of Art, and The Natural History Museum.

“I was asked to go to a museum for an extra credit assignment and saved \$5 just because I was a student,” said Amy Szerlip who utilized her discount at The Museum of Tolerance last month.

Although being a college student can be costly and a big financial decision, being a CSUSB student has perks outside of school related discounts.

Students who aren’t interested in entertainment and theme parks can cash in on savings by dining at participating restaurants.

Although there isn’t an official list of participating eateries, the Student ID Discount Deals and Cheat Sheet featured on [collegepackinglist.com](http://collegepackinglist.com) reveals restaurants with rumored student pricing that include: Chipotle, Subway, Burger King and Dairy Queen.

The Cheat Sheet also discloses several popular clothing stores and electronic brands that offer student discount pricing.

These include Apple, H&M, Urban Outfitters, Madewell, Anne Taylor and Loft.

“H&M gives 15 percent off to college students who show their ID card and even though it isn’t a whole lot, something is better than nothing,” added Sandoval.

Students should recognize the special offers, deals, and perks that are presented to them while in pursuit of their degree.

“Student discounts are important because they give students a small break in spending money,” said student Kelsey Cocek.

We are all acquiring debt by furthering our education, so any little break helps,” continued Cocek.



# Online security gap leaves users at risk

Continued from Pg. 1

anyone with adequate knowledge can obtain the secure information that would normally be encrypted, according to arstechnica.com.

The problem may have been present for longer than two years and it is possible that any information processed through OpenSSL during this time may have been subject to eavesdropping, according to CNN.

“The danger of Heartbleed is that people often use the same password and username throughout various sites. If information was obtained through the vulnerability, that person might become a possible target,” said Dr. Vincent J. Nester, training and leadership coordinator at CSUSB.

Fixing this issue is complicated, as both the websites and its users need to work together.

Major companies such as Google, Amazon, Facebook and Yahoo have already taken steps to secure their site, but they are still advising people to change their password in case any information was already obtained.

When asked if there was some way to protect against any future vulnerabilities Nester said, “People should use a utility so their passwords are kept safe. Windows users should check out Lastpass and Apple users should check out either Lastpass or Dashlane.”

A software like Lastpass can manage

the users’ passwords online and create a secure password without the user having to do more than click a button.

This prevents the user from getting into the habit of using the same password. They simply have to remember their login for the utility.

It is unclear how much information was obtained, but there are already signs of hackers attempting to use the information. The Canada Revenue Agency suffered a breach on April 16 that leaked an estimated 900 taxpayers’ Social Security numbers.

Stephen Arthuro, 19 years old, was arrested in his Ontario home, and now faces two counts of computer-related crimes, according to CNN.

The breach resulted in the Agency having to shut down its website and push Canada’s tax return deadline back a week.

Websites need to update their version of OpenSSL to prevent any further eavesdropping.

Users not only need to change their password on the affected site, but also change their passwords on other sites if they are using the same login information repeatedly.

“Students should search online for a list of vulnerable websites and see what passwords need to be changed immediately,” said Nester.

A list can be found on mashable.com, and is being updated daily with sites that were affected, and recommended actions for users to take.



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Reader’s Response

Putting an end to the “Super Senior Trend”

The *Chronicle* acknowledges that some students require more time to determine their majors, and therefore take longer to graduate, but the problem remains that CSUSB has the dubious distinction of graduating students who have the highest debt load of any graduating university senior in the state of California.

See story regarding “CSUSB ranks highest debt percentage in CA” link: [coyotechronicle.net/csusb-ranks-highest-debt-percentage-in-ca/](http://coyotechronicle.net/csusb-ranks-highest-debt-percentage-in-ca/).  
Our administrators should do everything in their power to rid our university of this distinction.



Rona Ortiz | Chronicle Photo

Student Health Center is accommodating to students and their schedules with their well trained nursing and medical staff

Health Center Services

By RONA ORTIZ  
Staff Writer

The CSUSB Health Center can be a lifesaver. The clinic is a convenient option for students who do not have health insurance. Sometimes they are too busy to schedule an appointment with their primary care physician. “It’s convenient to visit the Health Center,” said Leticia Valdez. “I didn’t want to go all the way to my doctor’s office, and the medication is cheap.” The Health Center offers an array of services including free routine office visits, low cost physicals, and lab and x-ray services. There are same day and walk-in visits in addition to scheduled appointments. For some students, the on-campus clinic is their only means of health care. Students at CSUSB pay a Student Health Fee which provides them with health and counseling services at the Student Health and Psychological Counseling Center (PCC) at no additional cost. An informal survey revealed that students rate the overall quality of care as good with several students mentioning the low cost of prescriptions. “I’ve only used the pharmacy,” added Valdez. “They were nice. They knew what medication I needed and it was cheap.” Some students prefer to visit their outside provider because they have established a relationship with their doctor. “The service was okay, but the wait was long,” said Francisca Aguilar.

“I’d rather go to my own doctor.” Wait times can vary because the clinic offers same day and walk-in appointments. “On average students have a 10 minute wait, if that,” said Front Office Lead Lisa Graham. The center’s full-time staff consists of two medical doctors, two nurse adult/family practitioners, RN’s, LVN’s, clinical aid, pharmacist, and medical office support. The clinic offers an after hours service called Fonemed. Fonemed is a telephone nurse service where they will answer medical questions or direct you to open healthcare resources at your own cost. The service is available only to currently enrolled students, as stated on the center’s web page. The center offers basic health care to students. However, treatment for major illnesses and injury, as well as certain conditions requiring a specialist or hospitalization are beyond the scope of service. In conjunction with the campus clinic, “The PCC offers a variety of group counseling options each quarter to meet the specific needs and interests of the CSUSB student population,” according to the school’s website. The PCC offers individual, group and couples counseling. Group counseling sessions touch on a variety of topics including women’s issues, overcoming anxiety, journaling for wellness, working through grief and managing moods. Student Health and Psychological Counseling Centers are located just north of the Commons and between the Student Union and Jack Brown Hall.

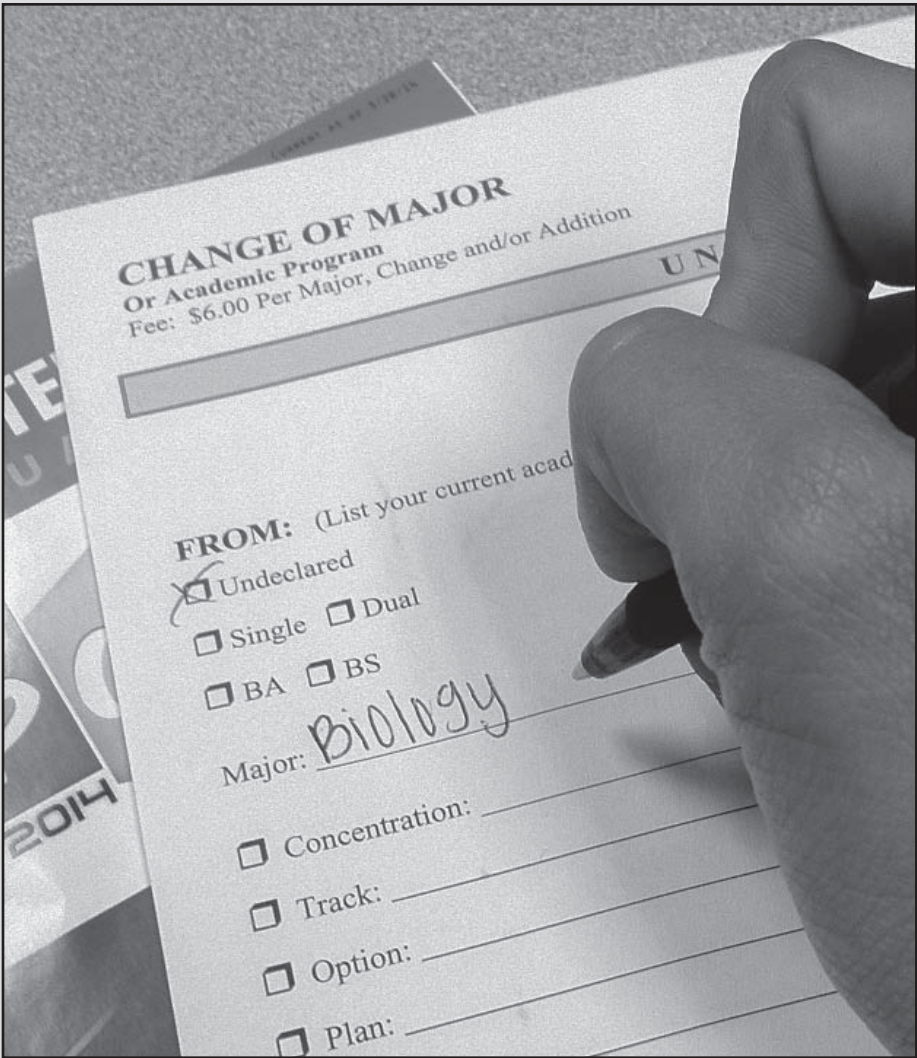
Higher income opportunities

Explore majors with greater job availability

By LOYDIE BURMAH  
Staff Writer

There are several majors here at CSUSB that seem to be popular, but most of them do not gather much monetary success. Majors can be defined as concentrated areas of study in which a student can develop their academic as well as professional skills. On the Fall 2013 Quick Facts document provided by the Office of Institutional Research popular Undergraduate Majors at CSUSB include pre-nursing, psychology, accounting, and bio pre-med. Popular Graduate Majors include public administration, social work, and special education. “Our data is pulled from applications, enrollments, grade reports, etc., which are then provided to our office by Records, Registration and Evaluation. We maintain the official files for reporting,” said Research Analyst Tanner Carollo. According to PayScale, a company that provides data regarding salary and career topics, some of these majors listed are not lucratively successful even though they receive popular enrollment. PayScale comprised a 2012-2013 report titled “Majors That Pay You Back” featuring a list of 130 majors ranked in order of highest to lowest potential salary. Some of the popular majors listed on the report, in order of rank, were petroleum engineering, nursing, psychology, and social work. ThinkAdvisor published a report similar to PayScale’s. The report ranked petroleum engineering No. 1 on their “30 Best Paying College Majors” and ranked social work No. 5 and psychology No. 29 on their “30 Worst Paying College Majors.” Upon first glance the information presented may seem daunting, but do these majors truly have grim outlooks? Featured on the Bureau of Labor Statistics (BLS) website, the Occupational Outlook Handbook webpage offers in-depth career information and supportive data about practically any occupation you can think of. “Overall employment of psychologists is projected to grow 12 percent from 2012 to 2022, about as fast as the average for all occupations... Competition for jobs for psychologists will vary by specialty,” according to the Job Outlook tab for psychologists. The BLS also offers more detailed information through links like Employment Projections and Industry-occupation matrix data. However, what determines the quality of a major should not be solely dependent on its ability to make money. “The reports aren’t really surprising to me, you can make a lot more money going all the way with an engineering degree than you can with a psychology degree,” said student Isabel Arreola. Arreola is pursuing a career in becoming a behavior analyst. Her interests in the field psychology are due to her curiosity about human behavior and the influence of emotions. “Salary wise it really depends. Like for instance, if I were to do industrial organizational psych, I could make six figures, but it really just depends on where I work,” continued Arreola. An online assessment test on the career center website can assist students in selecting a major. “I tell students to really self explore their personal interest and really do their research on all the majors offered. Also, choose a major you will be happy seeing yourself do every morning,” said Peer Advisor Wendy Padron.

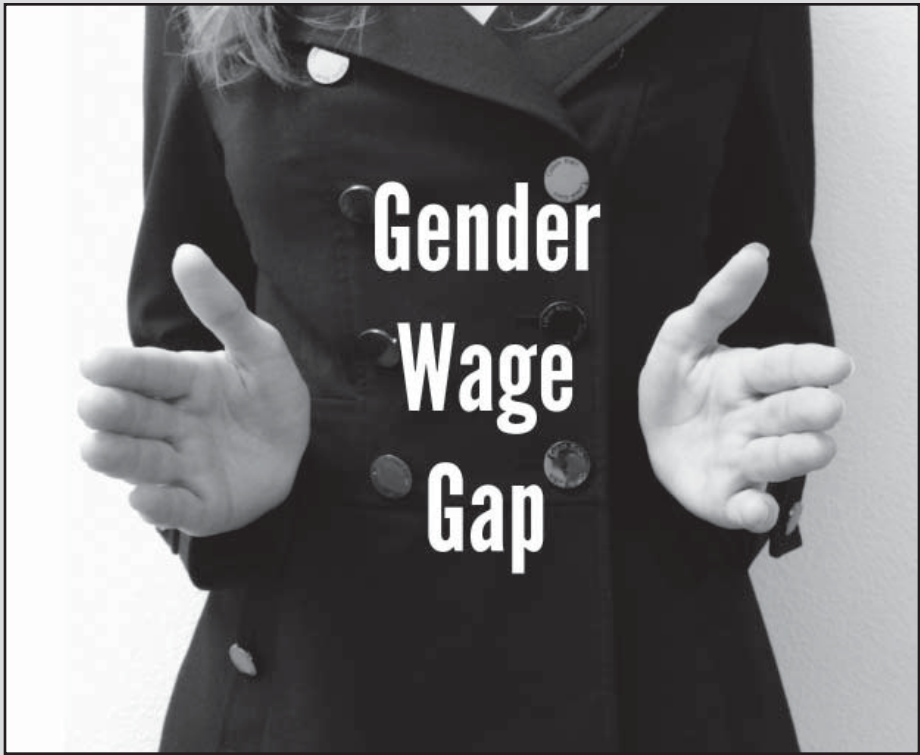
There are several majors here at CSUSB that seem to be popular, but most of them do not gather much monetary success. Majors can be defined as concentrated areas of study in which a student can develop their academic as well as professional skills. On the Fall 2013 Quick Facts document provided by the Office of Institutional Research popular Undergraduate Majors at CSUSB include pre-nursing, psychology, accounting, and bio pre-med. Popular Graduate Majors include public administration, social work, and special education. “Our data is pulled from applications, enrollments, grade reports, etc., which are then provided to our office by Records, Registration and Evaluation. We maintain the official files for reporting,” said Research Analyst Tanner Carollo. According to PayScale, a company that provides data regarding salary and career topics, some of these majors listed are not lucratively successful even though they receive popular enrollment. PayScale comprised a 2012-2013 report titled “Majors That Pay You Back” featuring a list of 130 majors ranked in order of highest to lowest potential salary. Some of the popular majors listed on the report, in order of rank, were petroleum engineering, nursing, psychology, and social work. ThinkAdvisor published a report similar to PayScale’s. The report ranked petroleum engineering No. 1 on their “30 Best Paying College Majors” and ranked social work No. 5 and psychology No. 29 on their “30 Worst Paying College Majors.” Upon first glance the information presented may seem daunting, but do these majors truly have grim outlooks? Featured on the Bureau of Labor Statistics (BLS) website, the Occupational Outlook Handbook webpage offers in-depth career information and supportive data about practically any occupation you can think of. “Overall employment of psychologists is projected to grow 12 percent from 2012 to 2022, about as fast as the average for all occupations... Competition for jobs for psychologists will vary by specialty,” according to the Job Outlook tab for psychologists. The BLS also offers more detailed information through links like Employment Projections and Industry-occupation matrix data. However, what determines the quality of a major should not be solely dependent on its ability to make money. “The reports aren’t really surprising to me, you can make a lot more money going all the way with an engineering degree than you can with a psychology degree,” said student Isabel Arreola. Arreola is pursuing a career in becoming a behavior analyst. Her interests in the field psychology are due to her curiosity about human behavior and the influence of emotions. “Salary wise it really depends. Like for instance, if I were to do industrial organizational psych, I could make six figures, but it really just depends on where I work,” continued Arreola. An online assessment test on the career center website can assist students in selecting a major. “I tell students to really self explore their personal interest and really do their research on all the majors offered. Also, choose a major you will be happy seeing yourself do every morning,” said Peer Advisor Wendy Padron.



Loydie Burmah | Chronicle Photo

Students should take advantage of the Career Center to get an idea of what careers would bring bigger success.





Koby Heramil | Chronicle Photo

Employees are not allowed to discuss wages because the gap between gender and wages is still a continuous problem.

# Obama enforces legal policy to close gender wage gap

By **KOBY HERAMIL**  
Editor In Chief

It’s ridiculous that working females are still being paid less than their male counterparts.

President Barack Obama along with Republican Conference Chair Cathy McMorris Rodgers motioned for Congress to discuss issues that matter to women.

The president’s agenda seeks to close the gender wage gap.

I agree with President Obama when he stated in his weekly address, “That’s wrong. In 2014, it’s an embarrassment. Women deserve equal pay for equal work.”

One way Obama is ensuring that women are paid fairly is through an executive order that prohibits employers from punishing their employees from discussing wages in public.

Employees already have the right to discuss wages at work under the National Labor Relations Act (NLRA) also known as the Wagner Act.

The bill was made in 1935 and basically states that employees have the right to talk about wages with coworkers.

This means that employers have no right in prohibiting their employees from discussing work wages.

The right to engage in such topics like wages and salaries are particularly necessary for females. Women should be paid equally for doing the same job as a man.

On average, full-time working women earn just 77 cents for every dollar a man earns, according to the White House website.

That statistic is an embarrassment considering how far America has come in ensuring women’s rights.

Ashley Woods a student at CSUSB mentions that not much has been done to really equalize rights for women.

“Work pay needs to be equalized. It’s not fair that because we’re women we get paid less than our male counterparts. Everyone is for the idea of becoming equal, but no ones really doing anything about it,” said Woods.

Employers who know about this bill and don’t inform their workers are

justifying women getting paid less although females make up nearly half the workforce.

Some workplaces have a “pay secrecy” policy prohibiting employees from discussing wages; however, this policy is illegal.

Furthermore, employers do not suffer much of a cost when they are caught violating the NLRA.

According to NPR, Cynthia Estlund, a law professor at New York University ,said, “Employers caught violating the law have to offer certain remedies which are typically not very serious.”

However, with the president’s executive order, employers face a higher punishment—one that hurts the wallet.

If a federal worker is fired from talking about pay at work, the company could lose a federal contract and a lot of money. The company will even have to offer the job back.

Student Brianna Jointer thinks employees should not be reprimanded for discussing work pay with coworkers.

“I discuss work pay with my coworkers all the time. We compare who works the most and who gets paid more even though they don’t work as much. And that’s something that we as people have the right to do. We shouldn’t be told to shut up or be threatened about losing our jobs,” said Jointer.

People like Woods and Jointer are hoping this promotion for equal pay at work will make an initiative in women’s rights.

The president gave his thoughts on transparency in the workplace and said, “Pay secrecy fosters discrimination and we should not tolerate it.”

The idea of equal pay for equal work should be implemented and needs to be done now.

**“Pay secrecy fosters discrimination and we should not tolerate it.”**  
**President Barack Obama**

# Pros and cons of working students

By **MARK MASCETTI**  
Staff Writer

Students who manage to work and intern throughout college will be better prepared and qualified for jobs after graduation as opposed to students who do not.

Employers take into consideration extra curricular activities such as jobs, internships and community service activities when hiring new employees.

“My background is Corporate America and the 35 years I did that, I hired hundreds and hundreds of people,” said Donald Girard, professor of Communications.

“It was not unusual to see 200 applicants for one position, so one of my main ways to decide who to interview was to look for internships.”

Students who work at jobs unrelated to their desired profession may still benefit from working during college, though finding work in their desired field would prove to be beneficial.

School is difficult even as a full-time student.

However, working on the side adds to the difficulty and stress.

Multitasking, perseverance and stress-management are just a few different characteristics students will further develop when juggling school and work.

“If you had to work for it, that speaks volumes,” Girard continued.

“I always tried to draw that out of candidates and if they had to take early classes because they work nights, pick up their brother from school in the afternoon, and help out with little siblings because their

dad works nights, that speaks a lot.”

The number of college graduates working minimum wage jobs is at a recent high of 71 percent, according to the U.S. Bureau of Labor Statistics.

Internships and volunteer programs, though often unpaid, can be a great way for students to get their foot in the door.

“While I was going to college, I was an active explorer with the sheriffs department,” said Lauren Abernathy, a 2012 CSUSB graduate.

“When I applied at 21 years old, the department already knew me by name and by the actions I was doing, which helped me get hired as a deputy sheriff that same year,” added Abernathy.


These activities can give college graduates the edge they need to be hired over other college graduates.

The downside of working jobs, internships, and volunteer programs during college is that it may take away from time devoted to studying.

Students with jobs must be able to juggle work and school and sustain a decent grade point average in order to compete for jobs after graduation.

“I work near full-time and sometimes it can take away from studying,” said Angelo Quinto, a communications student. “Working and going to school is tough and I think it will prepare me mentally for a difficult job after graduation.”

Push yourself to your limits, not just by striving for good grades, but also intern, volunteer, or work a job on the side, as it will better prepare you for a job after graduation.



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Photo courtesy of Ben Hopper

# Photographer challenges the social norms of beauty

By **ERICA WONG**  
Staff Writer

We live in a society where women punish themselves in painful ways in an attempt to conform to an external definition of beauty and sex appeal.

London-based photographer, Ben Hopper, has started a campaign to challenge our typical standards of beauty by creating a photo series consisting of a diverse group of models, actresses, and friends.

Society has convinced us that women in their natural state are ugly and unclean.

Hopper aims to highlight a woman’s beauty through displaying their underarm hair, reminding us that these two are in no way mutually exclusive.

These striking images cause a lot of mixed reactions, but Hopper’s whole concept of this series, as told to the Huffington Post, is to show the “contrast between fashionable female beauty and the raw, unconventional look of female armpit hair.”

Julia Roberts showed off her hairy underarms at the 1999 Grammy Awards and it took people by surprise. Roberts’ bold move was so shocking that 13 years later it’s still being talked about.

The unfettered growth of female underarm hair (or even hair on other parts of the body) has become one of the ultimate social taboos.

A UK study found that 99 percent of women removed some type of body hair, mostly from their legs, eyebrows, underarms, and pubic area.

Something so natural has been conditioned to be

such a visual shock, and Hopper’s project has been the subject of many heated debates.

Hopper aims to challenge what he calls “societal brainwashing” done by the beauty industry.

The social norm for women to not have body hair is one of many “double standards females have to deal with in a male-dominated society,” said senior Jacob Calloway.

“It’s unattractive in my eyes,” Calloway explained, “I don’t mind minor stubble on your leg, because it happens. But if body hair gets out of control, it’s not lady-like to have it and it shows poor hygiene in a way.”

However, not all males feel so strongly about body hair.

“It’s preferred, but not really mandatory. Besides, how could I ask someone to do something I wouldn’t even do myself?” said Blake Plott, student.

“As I matured [into] a person and an artist, I realized I liked armpit hair. I think it can be a beautiful look,” explained Hopper in his Huffington Post interview.

Yet, many people still find underarm hair so unappealing that it affects their desire to even read about the subject.

Some women are indignant about the expectation of grooming in order to be aesthetically pleasing and considered attractive.

“I feel like it’s not fair. No one should expect another person to do anything to their body to appeal to the opposite sex,” said Carolyn Valenta.

“I think the photographs praise body positivity and you should do what makes you happy and feel confident,” Valenta continued. “But I think in general, the aesthetic is more attractive if you groom.”

Although many women support these feminist ideals, they may not follow them. The decision to shave or not lies completely in the hands of the individual holding the razor.

The ultimate question that must be answered is: What makes you feel beautiful?

# Tragedy turns into hope

By **JENNIFER BAESKENS**  
Staff Writer

Sandy and Tony Capelli found out during their fifth month of pregnancy that their unborn son, Steven, had a rare heart defect.

They were then faced with the decision of continuing their pregnancy or not.

The couple chose to continue the pregnancy.

Thirty two hours after Steven was born, he died. His short life turned into a miracle.

Tony and Sandy founded Steven’s Hope for Children in 2002 as a way to ease their pain and find meaning to Steven’s death.

The vision that Steven’s Hope showcases is, “No family should be left alone during their time of a child’s health crisis.”

Steven’s Hope offers many benefits, such as housing to families of seriously ill or injured children.

Housing for Hope offers families a place to stay while their children are receiving treatment near Loma Linda University.

The apartments are fully furnished and have all the amenities they need in order to feel as comfortable as possible.

The foundation also offers the “We Care” Program and the “Fill a

Need” Program. These programs offer a shoulder to cry on and an ear to listen for the families.

They also offer support for daily finances such as groceries and gas, as well as fun items like Disneyland tickets, and baseball game tickets.

Volunteers allow Steven’s Hope to continue.

“We have volunteers from local schools and colleges,” said Jeanine Woods, a manager at Steven’s Hope.

“We get volunteers from Cal Works, the re-employability program, and other agencies such as United Way,” continued Woods.

The volunteers’ presence can be seen all throughout Steven’s Hope, but their presence is really felt at the Children’s Boutique.

The passion and dedication is apparent with the many volunteers who spend countless hours working to help make a child’s day.

The boutiques have gently used and new items for infants, children and teens.

All proceeds from the boutiques go directly to Steven’s Hope.

On March 26, Jersey Mike’s Subs partnered with Steven’s Hope to raise money.

Twenty-one locations across the Inland Empire participated by donating 100 percent of the proceeds made that day.

“In total, we received \$121,316,” said Woods.

Lulu Tyner, programs and events coordinator, wants to let the community know that there is a benefit golf tournament in May, as well a run in September.

They are always looking for volunteers, whether it be for events, or at the boutiques, all volunteers are welcome.

It is recommended that you attend their Vision of Hope, which is held on the first Tuesday of every month, from 6:30 p.m.- 7:30 p.m and the third Friday of the month from 10:30 a.m.- 11:30 a.m. They are both held at the Upland location. More information can be found on their website, [stevenshope.org](http://stevenshope.org).

One of the main core values at Steven’s Hope is to “make ripples.”

Tony and Sandy took the death of their son and they have made more than ripples, they made waves.

“No family should be left alone during their time of a child’s health crisis.”  
**Steven’s Hope**

## COYOTE CONTRIBUTOR

# Go green for Earth Day

By **RACHEAL RICKMAN**

sustainability savings are quite important.

The Earth Day outreach and education event will be hosted by PowerSave Campus on April 22.

We will have a number of interactive and informative outreach tables, covering topics related to sustainability and energy efficiency run by different student organizations on campus.

Students and staff will be asked at the event to take the “Go Green Pledge” which will be used to track the metrics of potential savings.

In addition to using this event as a tool to educate on sustainability and energy efficiency topics, PowerSave Campus CSUSB wants to give back to the community by hosting a canned food drive for local organizations.

Our objective is to raise awareness and a better understanding with our target audience of CSUSB students and staff on why energy conservation, potential energy, water, and

According to an article “Earth Day History: The History of Earth Day” by Larry West, “On April 22, 1970, the Environmental Teach-In held a nationwide day of environmental education and activism that it called Earth Day.”

The event was inspired and organized by environmental activist and U.S. Sen. Gaylord Nelson from Wisconsin.

Nelson wanted to show other U.S. politicians that there was widespread public support for a political agenda centered on environmental issues.”

This Earth Day event will take place from 12-3 p.m. in the San Manuel Student Union Event Center and is open to anyone on campus.

The event will have music, food, and prize opportunities. Hope to see you all there.

If you have any questions contact Racheal at (760) 887-9074 or [power-saveCSUSB@gmail.com](mailto:power-saveCSUSB@gmail.com).



# Happy Family serves delicious vegetarian dishes

By NAILEA FABIOLA AYALA  
Staff Writer

A hidden gem can be found only a short 15 minutes away from CSUSB. I can assure you that both vegetarian and meat-eaters can enjoy a meal together and return for more.

Happy Family Vegetarian Cuisine is a calm and quiet place where students can enjoy a delicious vegetarian meal while taking advantage of the tranquil environment to get some studying done.

While the restaurant is a very quiet and relaxing place to be, it does not give you an awkward vibe where you feel like you must be quiet. It makes you feel comfortable and it definitely is a place to go with friends and take a break from everyday life.

The interior is kept attractive and clean with oriental décor.

My favorite aspect of this restaurant is the way the food is distributed.

Many restaurants take such a long time to serve your food, that you end up sipping on your beverage to the point where you are almost full.

Unlike other restaurants, Happy Family does not even give you the chance to fill up on only your beverage while you wait for food. Instead they immediately serve you a soup of your choice and a spring roll.

This is great for those hungry students that are in a hurry to get back to class.

I was very satisfied with my visit to Happy Family.

I ordered the Vegetarian Pork and Broccoli from the lunch specials and although I'm not a vegetarian, I fell in love

with it all. There are 35 meals in total that you can choose from. The lunch and dinner specials all include soup, a spring roll, and brown or white rice.

Lunch Specials range from \$7 to \$8, which is a great price for students that are on a budget.

Happy Family also includes 15 appetizers, 76 entrees, and 30 dinner meals.

Appetizers and entrees both range from \$8 to \$10 and dinner plates range from \$12-\$14.

Happy Family has a variety of beverages including vegan beer, smoothies, iced tea, orange juice, and soft drinks that are no more than \$4.

Their customer service is amazing. The staff is extremely attentive and makes sure your drink is always filled.

Make sure you pay attention to the time. The business hours are from 11 a.m.-3 p.m for lunch and 5 p.m.-9 p.m. for dinner.

Students run on very specific schedules and are not used to restaurants being closed during the middle of the day. If you organize your time, this shouldn't be a problem.

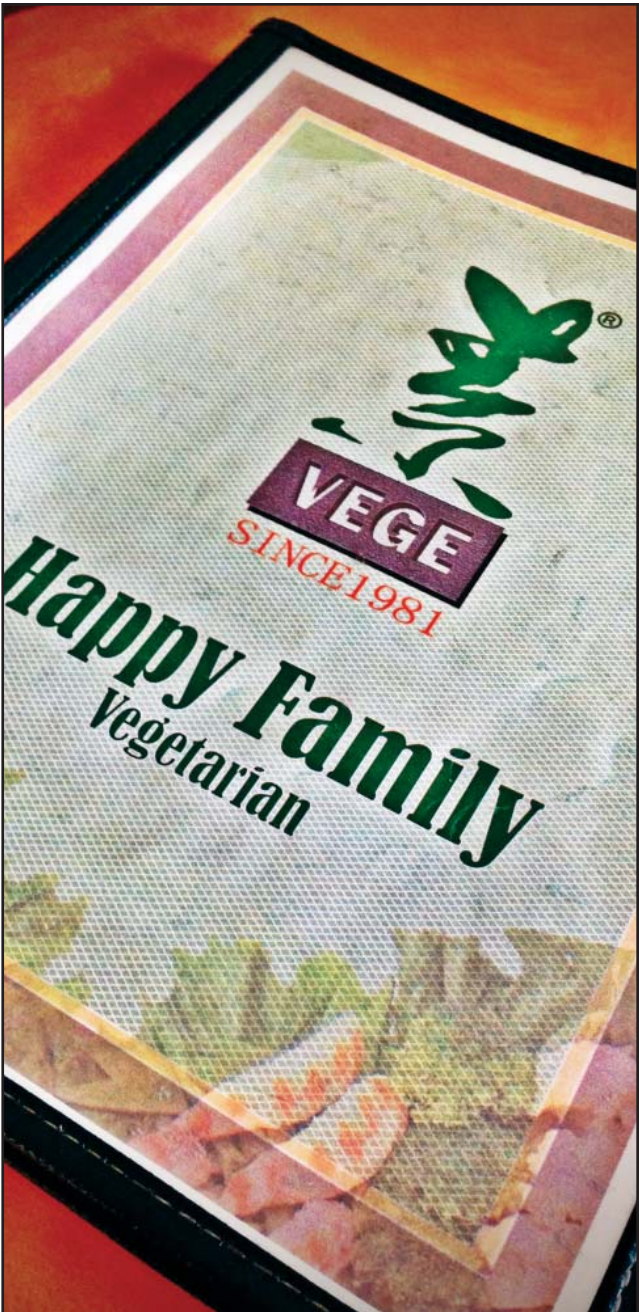
"Business hours are probably the only thing I dislike about Happy Family. I am so used to restaurants being open during the entire day that I forget I have to get there by 3 p.m. if I want lunch," said student Esmeralda Sahagun.

I definitely agree with Esmeralda, the hours did throw me off, but the food compensated for this minor detail.

Happy Family Vegetarian Cuisine is located at 2150 S Waterman Ave, San Bernardino, CA 92408.



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# Colleges Against Cancer hosts Relay for Life

By **MELISSA GILBERT**  
Staff Writer

Every day cancer is taking more and more lives. Help others fight and prevent cancer by taking part in the Colleges Against Cancer (CAC) Relay for Life located on campus.

The Relay for Life event consists of an overnight event on April 25-26 on the CSUSB Pfau Library lawn.

This event requires people to gather up a team of 10 to 15 participants.

The objective of this activity is to raise funds in order to fight against cancer while having a good time.

Participants have the chance to camp on campus, walk the track, and engage in a commemorative ceremony.

“I believe students should get involved in this event because it gives a lot [of] perks to the participants. They will get community service hours, certificates as well as SOE points if they are members of a sorority or a fraternity,” said Pari Aryafar, the lead event planner.

Guest speakers will also be present, according to Aryafar.

Nutritionist Bellben Colme will provide information about how to prevent cancer through alimentation.

Alexis Morgan, cancer survivor, will be attending the event and is going to talk about her own experience battling cancer.

DJ Krucial and DJ Lu will be mixing music to keep your energy and spirits high during the challenge.

Colleges across the country are highly involved in Relay for Life.

CSUSB is in its fifth year of hosting this event.

Michael, a former participant, said his experience was, “Amazing! I got to join a good cause, as well as have a good time with my teammates. I was especially touched by the commemorative ceremony.”

The Luminaria ceremony helps participants remember the people who have lost their fight to cancer.

White bags shaped like lanterns with lit candles inside are decorated with the name of individuals who lost their lives to cancer.

Participants take moments of silence to grieve the people they have lost as a healing mechanism.

Participation is as important as donations received. The profits go to the American Cancer Society (ACS) to help eliminate cancer through education, prevention and research.

There has been a significant decline in cancer-related

deaths between 1991 and 2012.

There was a 20 percent reduction, according to the ASC’s survey. This decrease might be related to the generous donations the organization receives through their events.

The ASC’s financial report states that the Relay for Life events have engaged 4 million people in 6,000 communities across 20 countries in 2012.

The same report states that 72 percent of the funds ACS receives go to cancer research as well as support patients, prevention and treatment of cancer. The remaining 28 percent cover the expenses of the events as well as management expenses.

Ninety-six of that 28 percent comes from individuals who take part in Relay for Life and other fundraisers.

iPhone and iPad users can even follow the progress of their fundraising through the ACS application called Relay for Life.

Bring your team, a tent, donations and take part in the Relay for Life event and help battle and prevent cancer with the CSUSB Colleges Against Cancer chapter.

If you are interested in signing up with a team or donating, go to [relayforlife.org/csusbca](http://relayforlife.org/csusbca) or contact [parirelayforlife@gmail.com](mailto:parirelayforlife@gmail.com).



Alpha Phi Sorority shows off their going support in finding a cure for cancer by participating in the Relay for life event. All proceeds raised at this event go to the American Cancer Society to help eliminate, educate, prevent and research cancer.

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# Coachella: out of this world

By **ABIGAIL TEJADA**  
A&E Editor

Attendees from all over the world, with different music tastes, came together for the annual Coachella Valley Music and Arts Festival headlined by Outkast, Muse and Arcade Fire.

Coachella ran out of general tickets in less than 3 hours and, by the enthusiasm of all the fans, I can see why.

At the entrance, there was a group of people welcoming different guests, congratulating them on finally arriving.

This festival welcomed an array of bands satisfying all different genre preferences. The event kicked off with Grouplove, HAIM, Dum Dum Girls, Kate Nash, Ellie Goulding, and the reunion of OutKast.

It would not be Coachella without the desert heat and '70s inspired outfits. The festival goers were definitely pumped up and ready to get lost in the music.

Fans stayed to hear sets from different bands just to secure a spot in front of the band they were initially going to see.

As the day went on, festival goers grew more and more eager for the reunion of Outkast. The expectations might have been set a bit too high, as the audience was not as receptive to their performance.

The crowd stood quiet, and it was hard to miss the frustration on Andre 3000's face.

Maybe it was the fact that everyone was just tired, or they simply did not know the lyrics to the songs. However, as soon as the duo started playing "Roses," the crowd went wild.

The second day was definitely the most memorable of all!

From White Lies to Julian Casablancas to the one and only Pharrell, this was bound to be, as Barney Stinson would say, "Legen, wait for it... dary!"

White lies performed at the Gobi stage. They had previously preformed at Coachella in 2009.

They also performed, as they said, "one of our favorite songs from our new album" First Time Calling.

As White Lies performed, you could definitely feel the emotion they put into it. Throughout the whole set, you were able to feel the band's energy. This energy, combined with their talent, made for a great performance.

They also played the first song they ever wrote, "Unfinished Business." They gave credit to the song for their success.

They finished their set with my personal favorite, "Bigger than us."

Over at the Mojave stage was Casablancas, the lead vocalist of The Strokes, who gave a notable performance.

Casablancas began with one of his newer songs "Ego."

We cannot forget the notorious perfor-

mance put on by Pharrell.

Pharrell's Coachella set was loaded with guest stars such as Snoop Dogg, Tyler the Creator, Diplo of Major Lazer, Busta Rhymes and Gwen Stefani.

The crowd danced the entire set. However, as soon as Gwen Stefani came out and starting singing her hit single "Hollaback girl," the whole crowd started hollering back.

Headlining Saturday was Muse at the Coachella stage. They did a cover of Lithium by Nirvana, in honor of Kurt Cobain.

Matthew Bellamy, lead vocalist of Muse, put up a great performance with his smooth, angelic voice.

Everyone seemed tired, but they did not miss out on the opportunity to check out Muse.

Not only did Saturday provide great music, but it also provided a sand storm.

By the end of the day, my face was embarrassingly covered with dirt. Saying that it was intense would be an understatement!

On Sunday STRFKR, The 1975, Blood Orange, Lana Del Rey and Arcade Fire performed.

STRFKR had everyone dancing in the scorching sun. I must have put sunblock lotion on about three times during their set, and still ended up with a minor sunburn.

They were upbeat and got the audience involved by sending two sumo wrestlers across the crowd, trying to see which side could get their sumo wrestlers across first.

The 1975 was a great band to listen to. In between every song, there was a screaming girl vowing her love for a band member. The heat was so bad that it distracted many from fully enjoying the show. After they finished their set, many fans rushed to the water station before continuing with the Coachella fun.

After hearing Blood Orange's last album, I was expecting Dev Hynes' voice to be strong, unfortunately, his voice kept cracking.

Even though Lana Del Rey was not the headliner, most people were excited for her to perform.

"Many of you have come up to me and told me that you came to Coachella just to see me, I am so humbled," said Lana Del Rey.

When she started performing, the whole crowd tried pushing their way to the front.

Arcade Fire was the closing act and everyone ran from Lana Del Rey to see what was left of their show.

The third day was a bittersweet day. Even though there were some great performances, knowing that after the day was over it was back to reality, back to school and back to work. Until next year that is.



The 1975



Ellie Goulding



Kid Cudi



Lana Del Rey



Kate Nash



Julian Casablancas



Foster the People



Lorde



# Nightclub brings creative individuals together

By **TAYLOR VERMILLION**  
Staff Writer

The hottest nightclub in Los Angeles closed to the public, making way for a private event that brought together some of the most creative people in Southern California.

Ohm Nightclub at the Hollywood and Highland center in LA hosted Mosaic on Sunday, April 13; a show presented by the independent arts organization Raw.

Raw is an international company that centers itself around bringing together the most creative individuals from around the world, and providing them with the necessary tools and exposure to showcase their talents to the world.

At Ohm Nightclub, they accomplished just that.

Artists, painters, hairstylists, makeup specialists, and performers presented their creations to attendees through their own individual showcases.

The club was broken up into several different parts. Part of the club was dedicated to performance art, including a large stage for dance performances and musicians, as well as several large screen high-definition television screens for independent filmmakers.

The other part of the club was dedicated to painters, hair and makeup stylists, and photographers. For the crowd that was 21 and over, there was a huge bar that provided fancy cocktails and specialty beers.

Some of the art that was presented absolutely stole the show.

Jessica Weber, one of Raw's original artists, presented her work to the audience, which featured paintings and collages



Taylor Vermillion / Chronicle Photo

Creative expression was showcased at Ohm Nightclub bringing together different types of artists from painters to hairstylist and makeup specialist leaving attendees without words.

that ranged from phenomenal underwater scenes with vibrant colors and realistic sea life, to abstract and distorted human body parts incorporated into landscapes.

"My art is an extension of the images that pop up into my head. I paint what I see, and I create what I feel. I'm honored to be able to present my work through Raw's event. It's artists supporting artists, which is something that is valuable in the creative world," said Weber.

Several art lovers also had things to say about the show. CSUSB alumnus Marie Vazquez said, "I'm in love with this atmosphere! Everywhere you go in this club shows you something different. There is so much creative expression that it's almost overwhelming!"

Raw is a company that has affiliates in 60 different cities all across the United States.

Every month, the Raw team hand

picks local artists to spotlight, and they create an outrageous event that has been appropriately titled a creative circus.

Mosaic was just one of their shows; they have many more upcoming, and most of them are in Los Angeles, which is convenient for students on campus and all Inland Empire residents.

For information about their company and upcoming events, check out their website at [rawartists.org](http://rawartists.org).

# Breathe Carolina drops new catchy tunes



Photo courtesy of Nicole Lemberg

Breathe Carolina interacts with the crowd by having them sing along keeping them enthusiastic as they show love towards the band with their hands up in the air. Fans go insane as soon as they see band member Kyle Even approached them.

By **SHIANE JACOCKS**  
Staff Writer

Music makes the world go 'round. It can encourage students while studying, inspire their creativity and can even cure heartaches.

Breathe Carolina is a unique American electric rock band from Denver, Colorado but doesn't conform to society and is a genre all their own.

The website [breathecarolina.net](http://breathecarolina.net) provides information about their band, music, tour dates, and states that they have 39,645 followers.

Our generation is expanding with different music and multiple varieties of genres.

The techno music and hypnotic auto-tunes have the same inspirational appeal as their older albums, but carry a new upbeat spark that gets the listeners' bodies moving.

Breathe Carolina was known for their soft, mellow beat with light screaming, but their new album "Savages" is very different.

Michael Mayhem, an iTunes reviewer stated, "If you expected screaming in any songs, walk away now. Every other song on the album is pure electro-pop. No screams, no guitars. Just radio-friendly electric pop junk."

The music varies from very catchy to deep and lyrical.

The band's new album "Savages"

brings a sense of harmonic with fearless lyrics such as,

"I won't blackout this time, I've got nothing to waste, let's go a little harder, I'm on fire, I won't blackout, I'm on my way, I'm only getting started."

These lyrics express confidence and motivation toward a goal, which can relate to a lot of students.

The band's lyrics seem to provoke memories and a sense of freedom.

"When I think of Breathe Carolina, I think of middle school. I liked their music because it was as if they could write about any emotion, and it didn't have to make sense," said student Jhonia Davidson.

Davidson also said that their style changed from Alternative to Techno, but

was relieved that they didn't change who they are completely.

Some students even said it was along the lines of rebellion, as if they were going against society, but now the music is something you can dance to.

I analyzed both their older music and some of the new, but it seems like all their lyrics are powerful and expresses situations that people can relate to.

"Heart rate even, in my sleeps even, in my dreams, I skip to self-coma, push back around of the taste of your breath."

The techno music is catchy, however, it drowns out the lyrics beneath them. I can picture the band playing at a concert, the feel of the heat of the crowd, and the great intensity of the band member's faces.





Rachel Molina / Chronicle Photo

CSUSB professor Stuart Green performed pieces by Scarlatti, Villa-Lobos, De Visse, Mudarra and Llobet giving attendees a memorable show with his diverse guitar strumming.

## Stuart Green's Eerie yet soothing sound

**By RACHEL MOLINA**  
Staff Writer

The performance was in an intimate setting.

Stuart Green sat atop a black ottoman with his left foot upon a small foot rest and his guitar in hand.

Green's soothing guitar playing took center stage Saturday, April 11, at 7:30 p.m. in the Performing Arts building.

His guitar recital featured compositions from years as early as 1510-c. to 1959.

Green is also a professor at CSUSB and teaches Music 180.

Many of his students were among the hundred in attendance that night.

"I am taking Music 180 because it looked interesting, and I used to play the flute. After stressing over Anatomy, this was soothing," said student Jennifer Tavaréz.

He performed pieces by Domenico Scarlatti, Heitor Villa-Lobos, Robert de Vissee, Alonso Mudarra and Miguel Llobet.

Before each piece was played, Green spoke about each composer and their music.

This was very helpful in understand-

ing the music. It fostered an appreciation for the time period in which the music was written.

It was enjoyable to watch his face light up as he informed the audience about his favorite composers.

"Without getting too complicated, I chose to play the composers that fit my personality. I kind of like not flashy, sort of delicate, intricate type music," said Green.

Green was most intrigued by Scarlatti who played for the Queen of Spain, and Robert de Vissee who played for Louis XIV.

The history was interesting and helped tell a story that Green conveyed through his playing.

His hands seemed to move effortlessly as he plucked the guitar strings, and the tone of the music was very soothing.

The last songs that Green played were from composer Miguel Llobet.

"These five classical songs make the guitar sing," said Green.

This composer was a great choice to end the performance. The music had an eerie, but sweet sound.

At the end of the performance, the audience enthusiastically applauded.

Green stood up, held his guitar in both hands, smiled, and took a gracious bow.

Music and playing the guitar is a big part of Green's life.

"I like that the guitar has a diversity of style," said Green.

"It was like I was saying on stage; you can play ancient music, modern music, country, jazz and rock. The guitar plays music that other instruments don't get to do," he continued.

He has also released three CDs in the past twelve years.

Recuerdo triste (2002), The Guitar Works of Trinidad Huerta (2008), which has been played on National Public Radio (NPR).

He released the last of three CD's in 2012. Both are suites for the guitar by Robert de Vissee.

The audience was able to hear four suites from the composer from the years 1650-c.-1732.

The compositions by Robert de Vissee that Green performed were very delicate sounding, the way he strummed his guitar seemed very intricate.

Green has spent many years studying, understanding and recording his music to make it what it is today.

His recital was a testament to his hard work and dedication to his craft.

## Perspective is key to survival

**By DIANA RAMOS**  
Asst. A&E Editor

"Oculus" ranked No. 3 in the box office behind, "Captain America: The Winter Soldier" and "Rio 2" raking in \$12 million during its opening weekend.

Jason Blum, the leading producer of the horror film has also produced "Insidious" and "Paranormal Activity."

He did not fail to bring another nail biting horror film to theaters. This somewhat gory film keeps you on the edge of your seat with some intense scenes.

You can't seem to look away even when you are watching the movie while hiding behind your hands.

There is a particular scene where Kaylie (Karen Gillan) is eating a bright red apple while changing light bulbs.

She places the apple next to a light bulb and the demonic mirror plays with her mind and makes it seem like she just took an enormous bite out of the light bulb.

"Oculus" is not just a horror movie with a few gory scenes. It plays tricks on your mind and perception while bending reality.

"You see what IT wants you to see," is frequently said throughout the movie.

While you are watching this, all you can do is imagine the pain she is in and somehow you place yourself in her situation, while hearing her chew on broken glass and see her mouth begin to bleed.

The plot towards the beginning is a bit confusing. It depicts a child shooting his father, which leaves you confused about what is going on. Soon, it becomes clear as to why they opened with this scene.

The movie jumps back and forth between flashbacks to the character's childhood and to their present day nightmare.

The editing done to illustrate these flashbacks is very cleanly cut and runs smoothly throughout the film. Several CSUSB students shared their thoughts about "Oculus."

"Some scenes are very predictable if you are an avid horror film junkie. Others come from nowhere and leave you completely mind f\*cked," said Jessica Botello.

Elizabeth Astorga said, "I don't watch horror films often because I find them cheesy and not scary at all, but 'Oculus' made me jump a couple of times."

"I expected more from the ending. It was a typical ending that you could see from a mile away. I feel like they could have done a little bit better. It lacked creativity," added Botello.

Break a mirror and you get seven years of bad luck. This isn't the concept in "Oculus." In this scenario, you have to break it.

While you watch this film, nothing can be trusted. You are strapped into a seat of suspense that lasts 104 minutes.

"In regards to the ending, I believe there is going to be a sequel. Everything in the final scene seems to be pointing to one," said Teresa Perez.

Be careful when you think about buying antique mirrors and trinkets. "Oculus" will have you doubting your next antique purchase.



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# Clearing all of your questions about shapin’ up

By **GINA MIRANDA**  
Staff Writer

CSUSB student recreation and fitness center (SRFC) personal trainers are offering a beneficial Q&A to help those workout “I don’t knows.”

Students and faculty have the option to hire a personal trainer on campus to improve their health and fitness.

“Personal trainers will assess your goals and help you reach them,” said Katherine Brobst, a student and personal trainer at CSUSB.



Anyone looking to breathe life into their dull and repetitive workouts should consult with a trainer for individualized training programs.

“Expectations and workouts are different for each client, so they should expect evolving routines as goals are met with notable progress,” said Brobst.

With help from CSUSB personal trainers, commitment to health and fitness has never been easier. Personal trainers motivate their clients and prepare them for

success.

“A lot of times people come in expecting quick results; to keep them motivated I prefer to focus on the progress they are making.

Small victories are important. For example, increased cardio, heavier weights, increased reps, and speed are important factors that determine success,” said Brobst.

“Expectations and work outs are different for each client, they should expect evolving routines as goals are met or with notable progress.”

**Kathrine Brobst**  
CSUSB Personal Trainer

All individuals approach their workouts differently. However, there are certain universal recommendations for anyone looking to optimize their health and fitness.

“I recommend clean eating for anyone, it’s important to do away with pre-packed or fast food. Instead, try portion control, lean protein, whole grains and preparing your meals at home, It’s important to have the right nutrition to fuel workouts. If you eat right, you stay fuller longer,” said Brobst.

CSUSB personal trainers have the knowledge and experience to assist all ages and various levels of fitness and personal goals.

“The initial consultation is important for us; it allows trainers to assess the client for preexisting medical conditions or injuries, while simultaneously noting their weak areas,” said Brobst.

Trainers are focused on creating a fun and trustworthy environment for all participants.

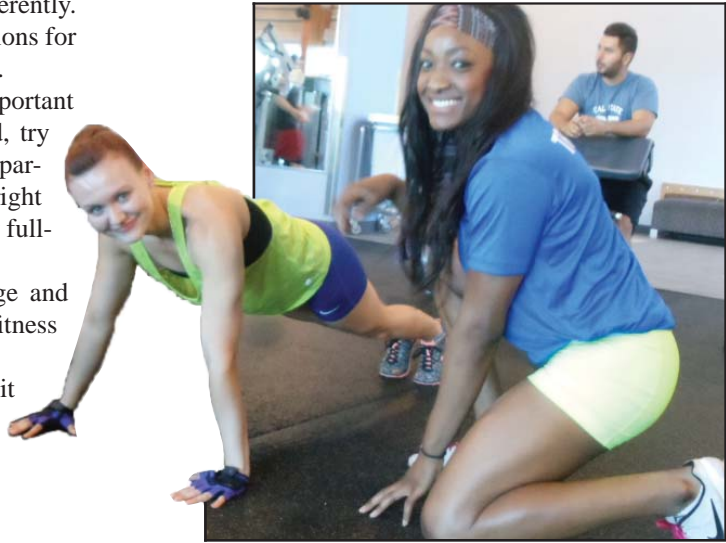
“What sets us apart from other personal trainers is the level of trust, unity, and commitment among the personal trainers. I’d like to think that the level of respect and openness we have really shows and resonates with the students and faculty we train,” said Brobst.

Cardio can be fun and refreshing; re-amp your routine with super sets (back to back exercises without rest) and sprint intervals for a quick dose of cardio without the extended hours of training.

“Most trainers here have no problem teaching you how to utilize a machine or answering questions to optimize workouts. We’re a lot friendlier and open than people think,” said Brobst.

CSUSB students and faculty can benefit from personal trainer lessons for as little as \$16 for a single session and \$22 for a buddy session.

For any more questions and answers with a personal trainer, visit the SRFC hallway on Tuesday’s and Wednesday’s from 5:00 p.m. to 6:30 p.m. until June 4.



# Player of the week: Gouch the “Gatorade”

By **DONTE MEDDER**  
Staff Writer

At 6 foot 5 inches tall and a long wing span with hops for days Josh Gouch, aka Gatorade, was a menace this past year for the Coyote men’s basketball team.

He was introduced to the sport at the young age of 10 and went on to excel. He earned two all-city sections during his high school days in Columbus, Ohio.

Gouch also earned First-Team All Foothill Conference as a sophomore at Mount San Jacinto College. Gouch’s past two seasons spent in San Bernardino have been filled with athletic skill and a superb will to win.

Gouch brought a tough intensity on the defensive end as well. He was often called upon to guard the opposing team’s biggest offensive threat and took pride in making sure the opposition had to work to score. Gouch’s effort often translated to easy baskets for the Coyotes. His pressure on the opposition often caused them to cough up the ball that led to easy transition points for the Coyotes.

Gouch statistics were not only a testament to his skill level, but rather to his willingness to do whatever the team needed from him on any given night.

His best memory during the season was hanging the banner of the conference regular season championship.

“We fought all year to hang that up. We went through a lot of adversity and hung tough. That banner is just a testament to our hard work,” said Gouch.

His biggest night came on the big stage in the opening round of the NCAA Tournament. Gouch scored a season high with 13 points, grabbed a season high of 11 rebounds, and also contributed three steals and two blocks, all while shooting 50 percent from the field.

Although the men’s team was very successful this year, they were still defeated in the second round. This defeat stands out as Gouch’s worst memory of the year.

“Every game in the tournament you win is an amazing feeling, but once you lose it, it just feels like you’re



crushed. For my college career to be completely finished like that just didn’t sit well with me,” said Gouch.

Gouch however, is not just basketball player 24/7. He likes to spend his time with his girlfriend Alejandra Garcia, who he has been with for a year now. He also likes to hang out with friends, go to the beach, and get in the gym to hone his skills.

“I like getting in the gym and lifting and working out as well,” said Gouch.

Gouch is a Criminal Justice major and plans on finishing up his degree during the summer. He also plans to

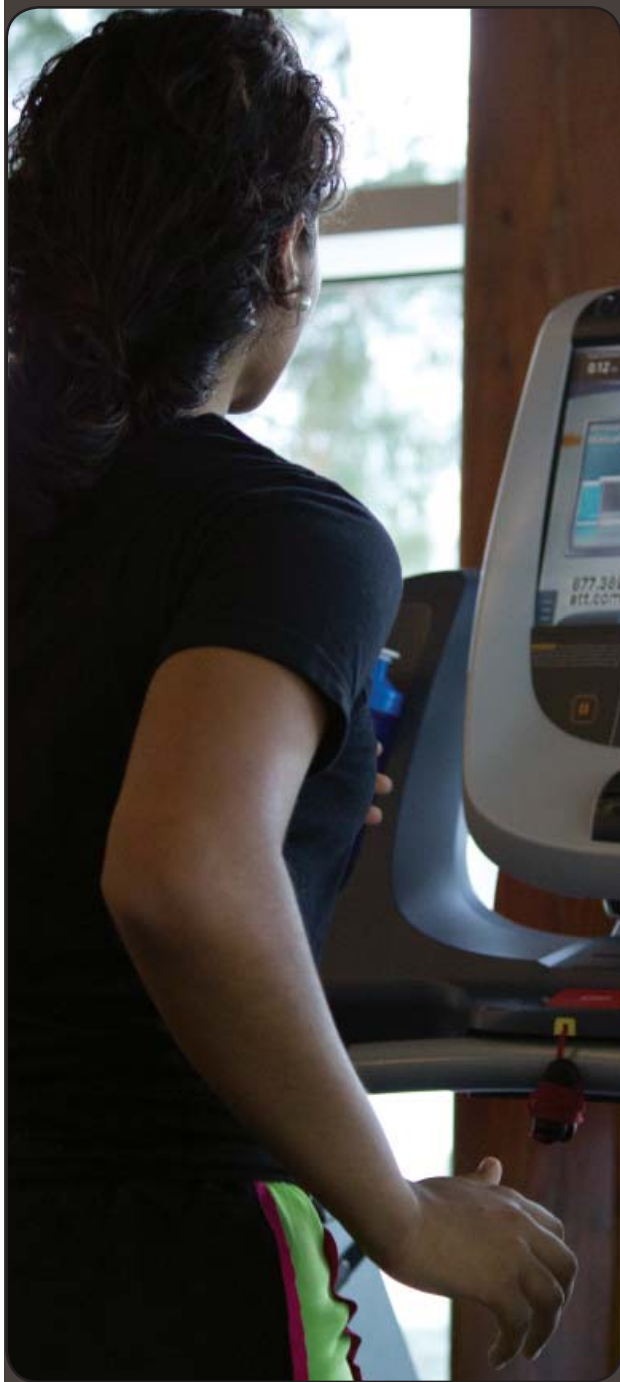
continue his basketball career by playing professionally.

Gouch plans on playing in the Junior Basketball League and the Drew League, two of the biggest summer pro leagues in Los Angeles. This is where scouts and professional players come to see talent and enjoy playing the game. “I plan on moving up to Los Angeles after graduation to train and also play in the summer leagues, such as the JBL and the Drew league,” said Gouch.

With his Coyote career wrapping up, Gouch looks to bring his same work ethic to the real world, and hopes to remain open to many more great opportunities.



# IRON COYOTE



Koby Heramil / Chronicle Photos

Students test their abilities in the quarterly Rec Center challenges, this quarter is the Iron Coyote Triathlon. This event challenges participants in their strengths in running, biking, and swimming, allowing students the whole quarter to finish.

## Coyotes push themselves with Iron Triathlon

By **ELIZABETH PIRAINO**  
Staff Writer

**T**he Iron Coyote Triathlon (ICT) kicked off on April 14 and continues through June 6 at the Student Recreation and Fitness Center.

The ICT includes the three elements of a regular triathlon: biking 112 miles, running 26.2 miles and swimming 2.4 miles.

Attempting a triathlon is a daunting challenge to most people.

To Kayla Arroyo, it could be a death sentence. Arroyo is attempting to swim 170 lengths of the pool and signed-up for the ICT despite not knowing how to swim.

ICT does not have to be completed in one day like a grueling Iron man Triathlon, which has a 17-hour time limit. Participants in the ICT can take up to eight weeks to finish their triathlon.

Each participant is issued a booklet to record their progress, keeping in mind of the honor system.

A staff member of the Rec Center must sign the booklet after each session. Triathletes who finish all three portions are entered into drawings for various prizes.

Some of the prizes are water bottles, bags, athletic

equipment, but more importantly the best prize of all is the T-shirt you will receive when you finish.

For Arroyo, the prizes were not an incentive for her to compete, but a way to try to get into shape.

Arroyo and her friend, Jacob Hughes, are working together for the triathlon and Hughes is teaching Arroyo how to swim.

Michael Long is a personal trainer at the Rec Center and completed the ICT in Spring quarter 2013.

According to Long, swimming is the hardest part of the ICT.

"It is difficult to swim, going at a constant pace and get all the laps in that you need," Long said.

Long's advice is to break it down into smaller increments as much as you can.

He recommends that participants start in with biking as it is the easiest part of the ICT and he explains that you feel a sense of accomplishment after finishing each portion.

Arroyo and Hughes decided to do the opposite and are tackling the swimming first.

They did a portion of the running and figured out that biking and running was going to be the easiest.

"We wanted to get the hardest part out of the way,"

said Hughes.

Long recommends doing the ICT with a buddy to challenge yourself along the way and that is just what Arroyo and Hughes are doing.

Long also suggests that if you do not have a buddy, then you can set some goals that you are able to reach on your own.

"To set goals for yourself each day and work toward those," said Long.

This is the seventh year for the ICT and has 30 participants so far this year. The cost is \$10 and includes a T-shirt for those who finish.

Anyone over the age of 18 can participate and Green said the oldest person is over 70 years old. All finishers will not only be able to draw for prizes but will have the proof that they finished a triathlon.

"About 50 percent of the people finish the triathlon," said Green.

Green agrees that swimming seems to be the hardest for people, but he attributes that to the proximity of the pool to the fitness center and not the physicality of the actual swimming.

Visit the Recreation and Fitness Center or call (909)537-BFIT for more information.

**Tips: Stay hydrated, listen to your body, and stretch**